2020 AIA Spiritline Modifications

This document provides guidance and modifications for spiritline practice and game attendance for schools, administrators, coaches and athletes to follow in accordance with NFHS, state and local restrictions and recommendations. Administration and coaches are responsible for informing all participants of local guidelines for participation.

❖ PRACTICES AND GAMES

- Temperature should be taken upon arrival at practice and/or game.
- Coaches are to wear a face covering at all times.
- Athletes should be wearing a face covering before and after practice/game as well as during any team travel.
- Athletes should be wearing a face covering when participating in any non-cardio related activities including stretching and static warm up.
- Only cloth face covering are permissible during practice/games.
- Locker rooms and dressing facilities will be unavailable for athletes.
- Athletes should arrive dressed out with any additional practice gear in their possession.
- When traveling, it is recommended that athletes wear face covering and sit one to a seat.
- Athletes should bring their own water bottle and not share.
- When possible, athletes should maintain a safe social distance during practice and along the sidelines.
- No handshakes, team breaks, hugging, fist bumps, etc.
- Athletes should not enter the stands or fan area before, during, or after the game.
- Athletes may participate in pre-game and half time introductions, but should remain socially distant when forming run-through tunnels.
- Coaches and athletes may meet and/or visit opposing team’s spirit program while keeping a safe distance, wearing face coverings and not engaging in any forms of handshakes, fist bumps, etc.
- Spiritline programs may perform quarter and half time routines on the track and/or field during appropriate times per officials.

❖ EQUIPMENT AND SANITIZATION

- Before, during, and after practice, athletes and coaches should wash and/or sanitize their hands as often as possible.
- Athletes should not share any crowd leading props (signs, poms, megaphones, flags) during practice/game.
- Props should be cleaned and disinfected after each practice.
- All mats and flooring should be disinfected at the end of each practice.
FACE COVERINGS ARE PERMITTED DURING STUNTING AND TUMBLING, WITH THE FOLLOWING GUIDELINES:

- Should be snug fitting
- Should not impede vision or movement
- Should be soft and pliable with no exposed metal
- Should provide adequate ventilation and protection from the spread of particle matter
- Must be secured with over-the-head straps by a breakaway type connection (i.e. Velcro, snaps, etc).
- The following **stunt skills and lifts** should **not** be done while wearing face coverings:
  - Inversions
  - Twisting
  - Basket Tosses

ADDITIONAL GUIDELINES TO BE FOLLOWED:

- Coaches must be wearing a face covering at all times
- Athletes should be wearing face coverings before and after practice/games
- Athletes must be wearing a face covering when not participating (injured, benched, sitting out for any reason).
- Athletes must be wearing a face covering when participating in any non-cardio related activities including stretching and static warm up.
- Athletes should be wearing a face covering during any team travel

If your district is requiring face coverings while stunting or tumbling or you are choosing to wear a face covering while stunting or tumbling, you must wear a face covering that fits the guidelines above.

If your district does not require face coverings while stunting or tumbling, do not wear a face covering.

If you are only cheering (i.e. motions or yelling) and your district is requiring a face covering or you are choosing to wear a face covering, you may wear a face covering of your choice.

If you are only cheering and your district is not requiring a face covering and you are not choosing to wear a face covering you do not have to wear a face covering.

**Should the conditions warrant, these modifications will be adjusted. Any further update will be posted on aiaonline.org.**